

5-Minute Mug Quiche - The Easiest High-Protein Breakfast Hack

Tired to Cook? This 5-Minute Mug Quiche Is Your New Best Friend



TIME
5 min

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INGREDIENTS

- 1 large egg
- 1 tablespoon milk
- 2 tablespoons shredded cheese
- 1 tablespoon chopped mushrooms
- 1 tablespoon chopped spinach
- Pinch of salt and pepper
- Optional: 1 teaspoon chopped herbs or green onion

DIRECTIONS

1. **Beat the Base:** In a microwave-safe mug, crack the egg and add the milk.
2. **Use a fork to beat until fully combined and slightly frothy.**
3. **Add the Fillings:** Stir in the shredded cheese, mushrooms, spinach, salt, and pepper.
4. **If using herbs or green onions, add them now.**
5. **Mix gently to distribute evenly.**
6. **Microwave:** Microwave on high for 1 minute.
7. **Check the center.** If it's still slightly wet, microwave for an additional 30-45 seconds.
8. **Cooking time may vary depending on your microwave's power.**
9. **Rest & Enjoy:** Let it sit for 1 minute before eating - it will be very hot.
10. **Grab a fork and enjoy straight from the mug.**

TIPS FOR SUCCESS

- Use a wide mug to allow even cooking.
- Don't overfill - leave some room for the egg to rise.
- Chop vegetables finely so they cook quickly.
- If adding meat, make sure it's pre-cooked.

More recipes: [ChefManiac.com](https://chefmaniac.com)

Original recipe: <https://chefmaniac.com/5-minute-mug-quiche-the-easiest-high-protein-breakfast-hack/>